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3 ARTICLE OF FOOTWEAR WITH TEMPERATURE

4 REGULATION MEANS

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6 ABSTRACT OF THE DISCLOSURE

7 Article of footwear includes a sole, an insole overlying the  
8 sole, the insole having in a surface thereof a groove having an  
9 inlet and outlet in an edge of the insole, the groove winding  
10 substantially throughout the length and width of the insole upper  
11 surface. A tube is disposed in the groove and extends throughout  
12 the length of the groove and has an inlet portion extending from  
13 the groove inlet at the edge of the insole and an outlet portion  
14 extending from the groove outlet. An upper fixed to the sole has  
15 apertures through which extend the tube inlet and outlet  
16 portions.